

# Best Practices for Partnerships with Schools



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## Objectives

- Wellness activities throughout year
- Challenges and overcoming them
- Community partners
- Tips for outside partners on how to work with schools



### About Knoxville CSD: 1,780

High School (9, 10, 11, 12): 522

Middle School (6, 7, 8): 376

Northstar Elementary (3, 4, 5): 393

West Elementary (PK, K, 1, 2): 487

Rural Iowa, southeast of Des Moines

## Wellness Activities

- Fall Go the Distance Day
- 1305 year 3, MS and HS intramurals
- Brain Breaks
- Team Nutrition: West and NS Teacher Nut. Ed.
- HUSSC: West and NS (Smarter Lunchrooms)
- Hy-Vee Kids Fit
- Pella Grants: body equipment, frisbee golf, Youth Frontiers (mental, social), school garden
- Delta Dental Grant: water bottle filling stations, toothbrushes/toothpaste
- Summer Lunch Program
- Staff Wellness Challenge
- School Wellness Committee

## Smarter Lunchroom




## MS and HS: Intramurals



Before and  
During  
School!


# Brain Breaks




## Brain Breaks for the Classroom

Healthy students are better on all levels of academic achievement: academic performance, education behavior, and cognitive skills and attitudes.


Implementing strategies that help kids stay healthy through nutrition and being physically active can result in: better attendance, fewer behavior problems and higher test scores and grades.




[JAM School Program](#)




[GoNoodle](#)




[Fuel up to Play 60 Activity Breaks](#)



[AHK: Brain Breaks](#)



[Move for Thought](#)



**Quick Draw Math**

- Students pair up, face each other, hands behind back.
- Using appropriate fingers, on the count of 3, both students will hold up their choice of numbers.

**Index Finger/Thumb Switch**


- Stand up.
- Point only the thumb up on right hand while pointing only the left index finger away.
- Switch back and forth as quickly as possible for 1-2 minutes.

**Toe Tapper**

- Students pair up, face each other.
- Tap right feet together once.
- Tap left feet together 3 times.
- Tap right feet together twice.
- Continue 1-3-2 pattern as quickly as possible for 1-2 minutes.

[Nose and Ear Switch](#)


# Hy-Vee KidsFit



TAKE THE  
**5**  
WEEK  
CHALLENGE

FIT  
VIDEOS

MEET  
**DAIRA,**  
YOUR  
ONLINE  
FITCOACH




## 3<sup>rd</sup> Grade Body Equipment



## School Garden



# Staff Wellness: Spring Into Health

**"SPRING INTO HEALTH"**  
FEBRUARY 29 - APRIL 8 (6 WEEKS)

Cost: \$15/Person

**DAILY CHALLENGES**

<b>"MUSCLE" MONDAY</b>	Strength Training Workout (minimum 20 min.) - 1 pt. 30 minutes of additional aerobic exercise* - 1 pt.
<b>"TIME" TUESDAY</b>	No eating after 8:00pm - 1 pt. 30 minutes of aerobic exercise* - 1 pt.
<b>"WATER" WEDNESDAY</b>	
<b>"TALK" THURSDAY</b>	
<b>"FRUIT" FRIDAY</b>	
<b>"SIT-UP" SATURDAY</b>	
<b>"SLEEP" SUNDAY</b>	

**AEROBIC EXERCISE CHAL**  
\*To qualify for the "aerobic" challenge, other daily activities will not count.

**Weekly Challenges (5 points)**

Week 1 Challenge - Set 3 he

Week 2 Challenge - Journal

Week 3 Challenge - Comple

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**HS Social Committee  
initiated this!!!**

**DAILY CHALLENGES**

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<b>"TIME" TUESDAY</b>	No eating after 8:00pm - 1 pt. 30 minutes of aerobic exercise* - 1 pt.
<b>"WATER" WEDNESDAY</b>	Drink 64 oz of water - 1 pt. 30 minutes of aerobic exercise* - 1 pt.
<b>"TALK" THURSDAY</b>	Share a healthy tip with the group - 1 pt. 30 minutes of aerobic exercise* - 1 pt.

## Challenges

- "One more thing for school to do."
- "I'm the (\_\_\_\_) teacher, not the health teacher."
- Buy-in: How/Why does this apply to me?
- Time and energy to devote to wellness activities
- Lack of interest
- Turnover of staff





## Overcoming Challenges

- Think big but start small
- Promote what IS working
- Focus on the positives and praise others
- Ask for feedback
- Plant the seeds of health
- Find the champions who are willing to DO for others
- Offer shorter term projects... “Would you be willing to try \_\_\_ for 4 Wednesdays?”

## Community Partners

- School staff
- Parents
- Recreation Center
- Hospital
- Public Health
- Churches: Monday mornings, backpack buddies, summer lunch program
- Businesses: Pella Corp



## Tips for working with schools

Talk the language of schools!

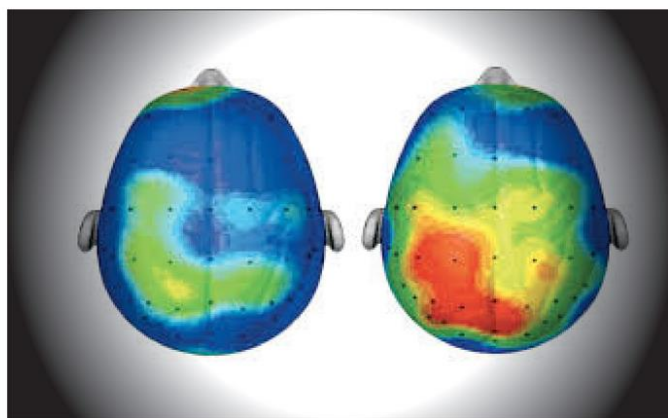
“Twenty minutes of walking is good for kids.”

“Exercise is good for kids.”

“Kids should eat fruits and vegetables.”

Hmmmm.....

**Student Brains**  
taking the same test



After sitting  
**QUIETLY**

After 20 minute  
**WALK**



## Tips for working with schools

Talk the language of schools!

Find the Champions!

- Improved health leads to improved learning
- Job of schools is to teach kids
- Improved attendance: breakfast, PA, recess
- Brain Breaks: Improve focus, attention and behavior, reduce stress, increase learning
- There is never money for “extras”
- Promote the efforts of others

## Questions?



Thanks!



“You cannot **EDUCATE** a child who is not healthy and you cannot keep children **HEALTHY** who are not educated.”

~ Dr. Jocelyn Elders

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